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ABSTRACT

This document provides listings of general and special associations involved in national, regional, state, and local sports and athletic programs for impaired, disabled, and handicapped participants. An indexed bibliography of articles, books, and other publications dealing with theory and practice of sports and athletic programs for special populations and an annotated listing of pertinent films are included. (Authors/JA)

ED 079317

COMPETITIVE ATHLETIC PROGRAMS FOR IMPAIRED, DISABLED, AND HANDICAPPED PERSONS

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4/73

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COMPETITIVE ATHLETIC PROGRAMS FOR IMPAIRED, DISABLED, AND HANDICAPPED PERSONS

INFORMATION SHEET

INTRODUCTION

Many different agencies, organizations, and groups plan, organize, administer, and supervise a variety of athletic programs and competitive activities for persons with specific handicapping conditions. These programs are increasing in number and scope at all levels -- local, state, regional, national and international. Opportunities to take part in competitive athletics according to interest, ability, and limitation of each participant are provided large numbers of individuals with various impairments, disabilities, and handicaps. Some groups are highly organized and structured; other groups are rather informal and loosely organized. Some national associations sponsor athletic programs for individuals with specific handicapping conditions; other groups promote these activities at state and local levels. Often persons responsible for recreation and physical activity programs for impaired, disabled, and handicapped participants in general or for individuals with specific handicapping conditions in particular are not aware of these organized efforts. The following listing provides some contacts to make for specific information and materials about special competitive programs and athletic activities for impaired, disabled, and handicapped persons. The interested reader can find additional information about programs and activities in the selected bibliography; films of special interest are also listed.

A WORD ABOUT COMPETITION

Competition, like play, progresses through definite and identifiable stages in which a youngster strives to attain a goal that is *important to him.* He

- Competes with himself to improve his own performance as he tries to do more sit-ups, jump rope longer, or throw a ball higher into the air and catch it.
- Competes with himself against his own best performances as he tries to swim the 25-yard freestyle faster or jump higher or farther.
- Tries to attain specific goals to receive a medal, points, other recognition, or the personal satisfaction that comes from success.
- Cooperates with others to achieve a mutual goal such as winning a relay or simple game.
- Competes with others to win a position on a team or a place in a group in which only a certain number can participate.

Individual and group competition parallel individual and group play. Since Special Olympics events are mostly individual in nature, they provide youngsters with individual challenges and the inner satisfaction of success and accomplishment. This motivates each competitor to try harder to do better as he strives to improve his previous performances.

Help each youngster learn to play hard and compete to the fullest so as to create a success cycle and overcome the pattern of failure and frustration that often plagues retarded youngsters who have not had opportunities to play, participate, compete, and achieve. One successful experience usually leads to other achievements.

It is important to tell youngsters that they may do their best to win -- practice hard all season, take part in every workout, and run or swim as fast as they can in competition -- and still not come in first. When they understand this, they have won a victory for themselves. Although someone else finished first, the Special Olympics has become a truly educational and lasting experience. Do not insult their intelligence by telling them they've won when it is obvious they haven't!

When retarded youngsters become active participants rather than passive spectators, they have started to develop confidence, which leads to success in all walks of life. Constructive competition contributes mightily to participation, achievement, and victory.

# # #

A whole new world opened for me when I began to ski. I felt speed for the first time in my life. I know thirty-five blind students and my objective is to have them all skiing by next year. David Sweeney, blind student.

# # #

Losing a leg is no fun for anybody. It is especially hard on a young man who is active in sports, as I was. The mental let down is fantastic as you check off the sports you can't play anymore; football, baseball, basketball, track, soccer -- your imagination could extend the list as far as mine. The point here is that N.I.S.A.[1] *helped me get back on the positive side of the check list and started me finding things I could do and forgetting about those I could not.* Doug Pringle lost a leg in Viet Nam while in the infantry.

# # #

I don't care what their problem is -- everybody ought to have the chance to participate. Lee Trevino, professional golfer.

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1. National Inconvenienced Sportsman's Association.

COMPETITIVE ATHLETICS FOR THE HANDICAPPED

Competition, the very essence of athletics, can contribute greatly to the growth and development of handicapped persons just as it does for non-handicapped. There are many direct benefits to participants--

- Opportunity to participate and compete in activities that have for too long been neglected.
- Possibilities for new experiences--traveling, staying overnight, eating in public facilities, and seeing things that they may have heard about but never seen.
- Opportunities to feel important, as individuals of worth and dignity about whom others do care.
- Opportunities to expand social interaction with others who have various impairments, disabilities, and handicaps, as well as their non-afflicted peers and contemporaries.
- Opportunities to exercise self-discipline in a variety of situations.

Despite the potential of these athletic programs to contribute to all impaired, disabled, and handicapped, the crucial determinant of whether they are positive or negative forces rests with the leadership involved in the programs. In assessing the role and emphasis of competition in programs for these groups there are many considerations to weigh--

- Do these programs provide the most good for the greatest number?
- Are the time, effort, and finances required consistent with the benefits derived from the program?
- Do participants in these programs need special programs and activities or should they be encouraged and guided into similar activities in already existing programs?
- Is the special program approach consistent with programing trends which stress preparing handicapped individuals to return to regular programs and activities?
- Do individuals and agencies place so much emphasis on the prestige of winning and placing that programs for the masses are being sacrificed or compromised to prepare the gifted ones for competition?
- Are the majority of handicapped persons deriving benefits from the large expenditures necessary to conduct these programs?

- Are there inconsistenceies between some of these special programs and athletic activities sanctioned by the National Federation of State High School Associations, and similar groups?

- Will communities, state organizations, and individuals be willing to bear the brunt of the increasing financial responsibility for implementing these special programs year after year?

- What are the implications toward total growth and development of young boys and girls developing special skills for specific athletic activities?

- What are the subtle, long-range, and unseen effects on participants in these programs?

Careful and unemotional evaluation is a requisite in determining the optimum approach for providing sport activities, athletic competition, and related experiences for special groups. Decisions should not be based on supposition or hoped-for results, but rather on objective and detailed analysis of all available information. The guiding criterion must be what does the most good for the greatest number while still meeting each individual's special needs. Realistically, there are several groups of impaired, disabled, and handicapped persons with which we must deal--

- Those who can participate in regular programs with their peers.

- Those with the potential to eventually participate in regular programs in certain activities but who, for the immediate future, need special considerations.

- Those who need long-range placement in special programs because of the severity of their conditions.

In programing for each of these groups, how can their interests and needs best be met through--

- Integrated programs and activities with the nonafflicted?

- Special activities or events in regularly scheduled competition?
- Special meets, competition, and tournaments consisting only of impaired, disabled, and handicapped persons?

Indiscriminate segregation is no more desirable or justifiable than indiscriminate integration. Important to the success in programs is flexibility providing each individual with integrated opportunities when he can safely, successfully, and with personal satisfaction compete and separate opportunities when such participation is not possible.

ASSOCIATIONS

Amputees*

National Amputation Foundation Golf, Saul Kaminsky, Secretary, 12-45 150th Street, Whitestone, New York 11357

National Amputee Golf Association, Dale Bouresseau, Executive Director, 24 Lakeview Terrace, Watchung, New Jersey 07060

National Amputee Golf Association, c/o Georgia Warm Springs Foundation, George C. Beckmann, Warm Springs, Georgia 31830

National Amputee Skiing Association, Jim Winthers, Executive Secretary, 3738 Walnut Avenue, Carmichael, California 95608

Northern California Amputee Golf Association, Orlando Magno, President, 3108 Hampshire Drive, Sacramento, California 95821

Blind*

American Blind Bowling Association, Donald W. Franklin, Secretary-Treasurer, P.O. Box 306, Louisville, Kentucky 40201

American Junior Blind Bowling Association, Charles Buell, 4244 Heather Road, Long Beach, California 90808

National Track and Field Committee for the Visually Impaired, Charles Buell, 4244 Heather Road, Long Beach, California 90808

United States Blind Golfers' Association, Robert G. Allman, Secretary, 6338 Sherwood Road, Philadelphia, Pennsylvania 19151

Charles Buell, 4244 Heather Road, Long Beach, California 90808, can provide information about regional organizations for interscholastic competition among state schools for the blind; wrestling and track and field are major activities. Dr. Buell edits a periodic newsletter which includes results of athletic competition from each of the regions.

Cerebral Palsied

United Cerebral Palsy Associations, Incorporated, 66 East 34th Street, New York, New York 10016, sponsors local and national bowling competition; direct inquiries to Ernest Weinrich.

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*Haystack Mountain, Wilmington, Vermont, has been reported as providing free equipment, instruction, and lift tickets for all handicapped, especially blind and amputees who ski.

Deaf

American Athletic Association for Deaf, Harry L. Baynes, President, P.O. Box 105, Talladega, Alabama 35160

U.S. Deaf Ski Team Fund, 10500 Rockville Pike, Apt. 405, Rockville, Maryland 20852

World Games for the Deaf, Art Kruger, 7530 Hampton Avenue, #303, Hollywood, California 90046

General

52 Association, Allan D. Weinberg, 147 East 50th Street, New York, N. Y. 10022

National Association of the Physically Handicapped, Stefan Florescu, 1466 Lafayette Street, Lincoln Park, Michigan 48148

National Inconvenienced Sportsman's Association, Jim Winters, 3733 Walnut Avenue, Carmichael, California 93608 or President's Council on Physical Fitness and Sports, Washington, D.C. 20202

National Paraplegia Foundation, 333 North Michigan Avenue, Chicago, Illinois 60601

National Therapeutic Recreation Society, David Park, Executive Secretary, 1601 North Kent Street, Arlington, Virginia 22209

Paralyzed Veterans of America, 3636-16th Street, N.W., Washington, D.C. 20010. Sports Coordinator -- John W. Ebert, 956 Henhawk Road, Baldwin, New York 11510

President's Committee on Employment of the Handicapped, Paul Hippolitus, Staff Liaison for Committee on Recreation and Leisure, U.S. Dept. of Labor, Room 7411, Washington, D.C. 20210

President's Council on Physical Fitness and Sports, Washington, D.C. 20202

Senior Sports International, Worth Blaney, 619 South Dunamuir Avenue, Los Angeles, California 90036

Sonja Henies Health Sport Center, Flora Aasen, Development Coordinator, P.O. Box 463, Napa, California 94558

Mentally Retarded

Northwestern Illinois Athletic Association for Trainable Mentally Handicapped Youth, Glenn Taylor or Doug Brandow, c/o Haskin School, 720 South Wells Street, Sandwich, Illinois 60548

Mentally Retarded (continued)

Ohio Athletic Association for Retarded Children, Dick Ruff, c/o Department of Mental Health and Corrections, 65 South Front Street, Columbus, Ohio 43215

Special Olympics Incorporated, Glen Randall, Executive Secretary, 1701 K Street, N.W., Washington, D.C 20006

Wheelchair

American Wheelchair Bowling Association, Route #2, Box 750, Lutz, Florida 33549

Indoor Sports Club, 3445 Trumbull Street, San Diego, California 92106

National Archery Association, 2833 Lincoln Highway East, Ronks, Pennsylvania 17572, and National Rifle Association, 1600 Rhode Island Avenue, N.W., Washington, D.C. 20036. Meets and competition adapted for athletes in wheelchairs.

National Wheelchair Athletic Association, Benjamin Lipton, 40-24 62nd Street, Woodside, New York 11377

National Wheelchair Basketball Association, Rehabilitation-Education Center, Oak Street and Stadium Drive, University of Illinois, Champaign, Illinois 61820

Stoke-Mandeville Paralympic Games, Stoke-Mandeville Spinal Cord Injuries Center, Aylesbury, England

United States Table Tennis Association, P.O. Box 815, Orange, Connecticut 06477. Includes quadriplegic, paraplegic, and wheelchair sections in national tournaments.

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A1. Burks, Alvin. "Amputees Ski at the Concord." The Amp, March 1973.

A2. Fett, Ron. "Rockville Dynamo Stages Benefit for Deaf Skiers." The Washington Post, March 13, 1973.

A3. "Paralympics: The International Wheelchair Games." Performance, January 1973.

FILMS

1. A Dream to Grow On *(16mm, sound, color, 28 minutes).*
Bone Film Service, 3132 M Street, N.W., Washington, D.C. 20007

Narrated by Olympic decathlon champion Rafer Johnson, this film tells the story of the 1968 Special Olympics in Chicago, where 1,000 mentally retarded children competed for coveted medals in running, jumping, swimming, and other Olympic events. Through its portrayal of retarded children in action, the film creates a better understanding of the potential growth of the mentally retarded. It stresses that when such children are given training, help, and understanding, and when they are permitted to compete with children of the same level of ability, their play life and beneficial participation in sports can be very much like that of their nonretarded peers. The action unfolds in a wide range of athletic events -- 50 and 300-yard dashes, high jump, broad jump, baseball throw, gymnastics, trampoline, floor hockey, swimming, basketball, and football, along with the pageantry of the first Special Olympics.

2. Anne Arundel County Special Olympics *(16mm, sound, color, 12 minutes).*
10621 Fable Row, Columbia, Maryland 21044.

A film about a "Special Olympics" day held at the United States Naval Academy, Annapolis, Maryland, featuring track and field competitions among mentally retarded and physically handicapped children and young people.

3. Come On Carrie, Come on *(16mm or video, sound, color, 27 minutes).*
Special Olympics, Inc., The Joseph P. Kennedy Jr. Foundation, 1701 K Street, N.W., Washington, D.C. 20006.

The film begins with a general introduction to the area of mental retardation and the contributions physical activity and the Special Olympics make to the development of the retarded. The story itself is of a 9 year old girl with Down's syndrome. Emphasis is on keeping the retarded in the community.

4. Floor Hockey *(16mm, sound, color, 15 minutes).*
Canadian Association for Mental Retardation, Kinsmen NIMR Building, York University, 4700 Keele Street, Downsview, Ontario, Canada.

Floor hockey has proved to be an excellent team activity for both trainable and educable retarded. This film, aimed directly at the players, provides sequences and progressions to help introduce and expand this activity in physical education and recreation programs in public school and community recreation settings. Segments of the film deal with equipment (stick, puck, goalkeepers's face mask) and skills requisite to success in the activity (checking, stick handling, shooting, face off, and passing). Culmination of the film is the Special Olympic Floor Hockey finale between Philadelphia and Montreal in Maple Leaf Gardens in Toronto.

5. HAP --- America at Its Best *(16mm, sound, color, 27 minutes).*
Columbia Forum Productions, 10621 Fable Row, Columbia, Maryland 21043.

The Handicapped Athletic Program (HAP) has shown that mentally and physically handicapped can help each other. HAP, a community project in Anne Arundel County (Maryland), teaches mentally and physically handicapped children and young people to help each other through sponsoring and supervising athletic contests such as softball, basketball, and bowling, as well as social affairs such as parties, banquets, and picnics. Participants in HAP practice a lot of teamwork by shouting encouragement to one another in their ball games and by openly showing affection for teammates; they are taught to be patient with those who are slower to learn and to tolerate unusual game rules which help players with less ability (e.g., one softball rule allows poor players six strikes while good players get only three). HAP has brought a sparkle of life to many children who previously shut themselves in a mental closet because the world offered them no normal social contact. Youths who could only stagger now run and jump with abandon. This film vividly brings to life the physical and social therapy for mentally and physically handicapped children and young people through team oriented athletics.

6. Hi--Look Us Over *(16mm, sound, color, 22 minutes).*
Canadian Association for Mental Retardation, York University, 4700 Keele Street, Downsview, Ontario, Canada.

The film shows athletic competition for the retarded in Canada, including track and field, floor hockey, and swimming in their Special Olympics. Also included is general information on mental retardation and the need for the retarded to have a chance to participate in physical activity programs.

7. Paralympics *(16mm, sound, color, 13 minutes).*
Chairman, United States Wheelchair Sports Fund, 40-24 62nd Street, Woodside, New York 11377.

This film takes you with the United States Wheelchair Team, selected by a national committee, and composed of men and women with paraplegia and post polio paraplegia, from their assembly point at the Bulova School in New York to the Paralympics held in London in 1963. Competition between members of 30 nations is shown covering such events as wheelchair basketball, archery, table tennis, swimming, darchery, weight-lifting, lawn bowling, shot-put, javelin, discus, and the wheelchair slalom. The film is educational and can be used in schools at all grade levels, including colleges and universities, particularly those with professional preparation programs in physical education, recreation, and special education. The film demonstrates fully the adapted sports program, both nationally and internationally, while conveying the story of rehabilitation.

8. Paralympics - Israel 1968 *(16mm, sound, color, 10 minutes).*
Chairman, United States Wheelchair Sports Fund, 40-24 62nd Street, Woodside, New York 11377.

This film briefly traces the history of the Paralympics and shows competition at the games in Israel. It shows competition by men and women with paraplegia and post polio paraplegia in such events as swimming, track and field, weight lifting, fencing, darchery, (a form of precision archery), lawn bowling, table tennis, wheelchair slalom, pentathlon, and wheelchair basketball. This film can be used in schools at all grade levels, including colleges and universities, particularly those with professional preparation programs in physical education, recreation, and special education.

9. The Proud Ones *(16mm, sound, color, 13-1/2 minutes).*
Montana Film Productions, 1236 Helena Avenue, Helena, Montana 59601

Purposes, reasons, and values of active participation by mentally retarded in sports, athletics, and other fun activities are presented in terms of the Montana Special Olympics. Boys and girls are shown swimming, running, jumping, and throwing in competition as well as eating, dancing, mixing with others, relaxing, and having fun. The traditional Olympics parade and lighting of the flame are inspiring. Swimming and track and field events are shown as ways for participants to establish goals that are important to them to be individuals, to have a sense of belonging, to experience success, and to stand tall in victory or defeat. As youngsters leave for home each shows a new found sense of independence, a personal feeling of accomplishment, and pride in having done his best.

10. They Call Me Names *(16mm, sound, color, 16 minutes).*
The Learning Garden, 1081 Westwood Boulevard, Los Angeles, California 90024.

Deals with the Special Olympics held in Los Angeles last year. Points out the difference between the educable and the trainable retarded, and suggests that they should not be lumped together in planning or programming as is so often done.

11. To Taste Victory *(16 mm, sound, color, 18 minutes)*
Audio-Visual Department, Parsons State Hospital and Training Center, Parsons, Kansas 67357.

The story of fourteen boys from the Parsons State Hospital and Training Center in Parsons, Kansas, who competed in the Southwest Regional Special Olympics in Tulsa, Oklahoma. It is the story of each individual boy and that one instant when he could taste victory.

PERIODICALS

Accent on Living. Accent on Living, Inc., P.O. Box 726, Bloomington, Illinois 61701.

Caliper. 153 Lyndhurst Avenue, Toronto, Ontario, Canada.

Challenge. Unit on Programs for the Handicapped, American Association for Health, Physical Education, and Recreation, 1201 16th Street, N.W., Washington, D.C. 20036.

Journal of Health, Physical Education, Recreation. American Association for Health, Physical Education, and Recreation, 1201 16th Street, N.W., Washington, D.C. 20036

Journal of Rehabilitation. National Rehabilitation Association, 1522 K Street, N.W., Washington, D.C. 20005.

Motive. Ohio Department of Mental Health and Corrections, Columbus, Ohio 43215

NAPH National Newsletter. National Association of the Physically Handicapped, 2 Meetinghouse Road, Reedsferry, New Hampshire 03078.

National Wheelchair Athletic Association Newsletter. National Wheelchair Athletic Association, 40-24 62nd Street, Woodside, New York 11377.

Paraplegia News. Paralyzed Veterans of America, Inc., 935 Coastline Drive, Seal Beach, California 90740.

Performance. President's Committee on Employment of the Handicapped, Washington, D.C. 20210.

Physical Education Newsletter. Lowell Klappholz, P.O. Box 8, Old Saybrook, Connecticut 06475.

Sigma Signs. Delta Sigma Omicron (Alpha Chapter), Room 130, Rehabilitation Education Center, Oak Street and Stadium Drive, Champaign, Illinois 61820

Therapeutic Recreation Journal. National Therapeutic Recreation Society, 1601 North Kent Street, Arlington, Virginia 22209

Wheelchair Competitor. 30396 Stellamar Drive, Birmingham, Michigan 48010.

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